SACWN Inc.

SACRAMENTO AREA COMMUNITY WOMEN'S NETWORK

Aug/Sept. 2005 Vol. 43

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Watch for our next SACWN newsletter in the first part of October.

SACWN Volunteers

SACWN is looking for a few good women.
Do you love to organize?
Like to be the boss?
Enjoying meeting other women?

Come and volunteer at SACWN. We need a marketing/special projects person. You can help promote our upcoming events along with helping organize all the details to make those events be sensational. If this sounds like something right up your alley, come to our next SACWN meeting (August 4 or September 1). We would love to accept you as part of a hard-working core of members who are keeping SACWN active.

We look forward to meeting with you soon.

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SACWN's Phone Number Is Being Discontinued

Because we have receive almost no messages on our SACWN phone, we have disconnected it. People are communicating more through email. If you don't have an internet connection, you can always go to your local library and email us (sacwn1@yahoo.com) or write us (SACWN, PO Box 19036, Sacramento, CA 95819-0036. We hope this will not inconvenience anyone.

Thank You, Kelli!

All of us in the SACWN Steering Committee would like to express our thanks to Kelli for all of her support and help in organizing so many of our SACWN events over the years. We are grateful for everything you've done to help us and our community.

THE SACWN MISSION

SACWN's mission is to provide lesbians with social activities in a safe environment, a supportive network, and resources to link our diverse community.

PO Box 19036
Sacramento, CA 95819-0036
SACWN1@yahoo.com
Website: www.sacwn.com

STEERING COMMITTEE

MEMBERSHIP COMMITTEE
Cindy

NEWSLETTER AND WEBSITE COMMITTEE
Sharon J.

SIG COORDINATOR
(open)

VOLUNTEER COORDINATOR
Margaret

TREASURER
Cindy

CHARITY ADVISOR
Mary Lou

LOGISTICAL SUPPORT
Colleen

MARKETING/ SPECIAL PROJECTS
(open)

EVENT COORDINATOR
Nan

This newsletter is entirely dependent on volunteers.
In order to be included in the next newsletter, material must arrive in our mailbox or at my e-mail address by the tenth of the odd months of the year. (sharonju@surewest.net). We encourage submissions (e.g. Letters to the Editor, news items, photos, etc.) Please type submissions and include your name and phone number for verification. Submissions by E-mail are especially encouraged.

FREE ADS: This section is for selling things of a personal nature, advertising for a roommate or finding a lost love. These ads are FREE to SACWN members who are advertising for personal use (no business advertising in this section).

BUSINESS ADS: Camera-ready ads are $60 per business card size. Ads must be prepaid. Ads are based on 12-month/six issues per year. For more info, please contact Sharon J.

CONFIDENTIALITY: SACWN takes the following precautions to insure the privacy of its members:

1. The mailing list is never sold or lent to anyone--even other women's groups or inquiring lesbians.

2. The newsletter is always sent first class, rather than at the cheaper bulk rate. We will send the newsletter electronically rather than by mail to those who request it.

3. Each newsletter is addressed to a specific subscriber, not to a "resident" or "household".

4. Newsletters are not sent to individual men.

~~Women who want to participate in the operation of SACWN are encouraged to contact any of the committee coordinators listed at the left.

Invitation to SACWN General Meeting

We have a General Meeting followed by a Steering Committee meeting on the first Thursday of every month (Aug. 4, Sept. 1, Oct. 6). We will now be meeting at the Lambda Center located at 1927 L St. Our meetings start at 7 PM. Come and find out what's going on and give your ideas and input to help our organization become stronger and continue to be a reflection of our members' interests.

Your input is important to us. If you have suggestions but can't be at the meetings, send an E-mail to SACWN1@yahoo.com with your ideas.

Happenings in the Community

Camping Women Activities

Camping Women: This group is built on the premise that women share equally the joys, privileges and responsibilities of the outdoor experience and thereby realize their own potential and ability to live comfortably in the out-of-doors. The National office web site is: www.campingwomen.org. For local information e-mail Sharon: shtaylor@dfg.ca.gov.

August 5 - 7 - Peninsula Camping and Boating Resort - Rollins Lake. Fishing, swimming and hiking. Showers, flush toilets, and dump station. Boat rental is available. Cost is $25.50 per night. Potluck on Saturday night. Helen is facilitating, 784-1129.
August 26 - 28 - Grover Hot Springs Campout - This is a beautiful area, with a hot springs pool to soak out all of those aches and pains. Some nice hikes also. The cost of the campout is $47.50 per site for 2 nights. Judy is facilitating. Contact her at (916) 451-9132.
September 16 - 18 - Camp Norge - details to come later.
October 21 - 23 - Bodega Bay Campout Page & Connie are facilitating this event.
Halloween party at Niki's - details coming.

Lavendar Library Events:

TUESDAY, AUGUST 9, 2005
World of LGBT Films & Videos
Better Than Chocolate (1999)

Tuesday, August 9, 2005 at 7 pm
A frothy, smoochy tale about two angelic, college-age lesbians with common interests (sex, erotic painting, coffee) who meet and instantly fall in love in a coffee shop. Maggie (Karyn Dwyer) is a coed who's rethinking her future, Kim (Christina Cox) is a street painter who somehow has plenty of money for going out on the weekend. Rated: R

For more information about this and upcoming films, go to the Lavendar Library site: http://www.lavenderlibrary.org/

Lambda Players Theater

CATCH is one of the most controversial shows Lambda Players has ever presented. CATCH opens at Lambda Players' Theater, 2427 17th Street, Sacramento.

A cutting-edge comedy that explores the trend of "bug-chasing" (actively seeking infection of the HIV virus). With strong sexual situations and a powerful social message, this show will have audiences riveted. 18 & over only.

July 8, 9, 15, 16, 21, 22, 23, 29, 30, Aug. 5, 6
Reservations: 916/444-8229
Showtimes: 8pm (Sundays 2pm)
Tickets, $15 ($10 Thursdays), $13 Sen. 65+, Stu., SARTA

Northern California Women's Music Festival

August 26-27-28, Black Oak Ranch
Laytonville, CA

Gwen Avery, Copper Wimmin, Alice Dimicele, Nacha Mendez, Druid Sisters, Tea Party, Sonya Heller, Carolyn Brandy & ReginWells, Sherry Glaser, Prunella Sisters, Mendocino Women's Choir, Diane Patterson, Linda Rose Stonestreet, Gushikawa.

www.norcalwomensmusic.org (530) 265-6890

Women only event: Gen $120, Senior $95, Girls $55, Kids 6 & under free

Special Interest Groups (SIGS)
Do you have an idea for a new special interest group?
Come to our Monthly Steering Committee meeting and present your idea.
We're always happy to offer more groups in which our SACWN members can participate!

Couples Dinner Group

The Lesbian Couples Dinner Group formed in the summer of 2003. We have a great time sharing good food, good conversation and friendship.

We have approximately 11 couples that meet on a monthly basis at different local restaurants or a couple's home. We are always open for suggestions as to restaurants or activities.

All lesbian couples are welcome to join us for dinner or whatever activity we are having. We meet once a month at a local restaurant to enjoy good food, good friends and good conversations.
To find out where the next Couples Dinner is going to be, please contact: jazlady88@hotmail.com. Hope to see you soon!

Top 10

Top 10 is for women over fifty and for women who love women over fifty. This group is for both singles and couples. Each month we get together for a meal at a local restaurant or at home pot lucks.

Upcoming Events: Please contact Kathleen about the August and September activities - katmomma@winfirst.com

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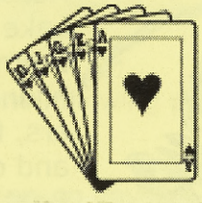
Seasoned Singles (Name to be changed soon) In the past Seasoned Singles was geared for women 50 and older but now is opening to all singles regardless of age. Our group is for single women who live in the greater Sacramento area. We are happy to announce the Margaret and Nicola are going to be our new leaders for the Seasoned Singles. You can contact Margaret at sacto2251@aol.com or Nicola at kingsgrrrl@aol.com. Thanks so much to Margaret and now Nicola, too for volunteering to lead this wonderful group.

Singles - On Going Activities

Women's Music - For concert information contact Mary at 916-395-4147 or e-mail MaryStoschke@webtv.net.

Poker on the second Friday of each month. Contact De D at 916-927-3304.



Movie Group - The Singles movie group attends showings of top movies together about once a month, usually at the Tower or the Crest Theater, but sometimes at more commercial theaters depending on the film involved. The group often meets for lunch before, or dinner afterward to discuss the movies. To get on the list to be notified of movie group outings, contact Joy Fisher at jfisher979@aol.com, or call her at (916) 567-1045.

More Sigs Through SACWN

Arts and Entertainment Group
(A&E)

From local activities such as the Second Saturday Art Walk to a show in the Bay Area, we enjoy a variety of entertainment. It's great fun and you can reconnect with old friends and meet new ones. If you're interested in participating in or coordinating an event, contact Dee at 443-2377.

SIGS and Other Groups Of Interest

Want to know what else is happening in the area?

Check out these groups:

If the Shoe Fits (ITSF): An organization in the Placerville/El Dorado area that is very active. They have a monthly newsletter with their latest activities. E-mail - itsfnews@hotmail.com or PO Box 95, El Dorado, CA 95623.

River City Bowlers: Sacamento's only Gay and Lesbian Bowling League. Contact person is Tom Lane. 916-635-1535.

The Gay & Lesbian Sierrans is another group you may enjoy. They do day hikes and weekend camp trips. www.motherlode.sierraclub.org/gls.

Tina Reynolds Uptown Studios is at 912 1/2 J Street (inside the orange door). Tina has art shows, and lots of great activities. Get on her e-mail list and she'll keep you informed of the latest GLBT activities in town - tina @uptownstudioes.net

Sac Sisterhood Group is an African-American group of women who love women in Sac called the SacSistahood. Our group has been meeting for one year as a social network for black women who identify as same-gender-loving.
http://www.sacsisterhood.com/list.php

Monarchs Promotional Nights

Saturday, August 20 - Monarchs Summer BBQ Set**

Tuesday, August 23 - MONTYS - Monarchs Thank You Sacramento

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It's Time To Prepare For Our Film Festival 2005!

(from their website: http://www.siglff.org/)

The 14th Annual Sacramento International Gay and Lesbian Film Festival will be held in October. Everyone is invited to attend our monthly meetings, held at 6pm every fourth Wednesday of the month at LLACE in midtown Sacramento, 1414 21st St. Come share your ideas or skills!

October 5-9th are the days for the SIGLF Festival. Go to their website and check out last years line-up of films to get an idea of what a variety of flicks you can have in store for you this coming October. Mark your calendar!!

- **2004 SURVEY RESULTS WILL HELP 2005 FESTIVAL**

  Festival audiences are diverse, and growing "There's a lot on this website about who we are at SIGLFF. But we thought you might want to hear a little about who you are - our audience. Many of you responded to our audience survey after last October's Festival, which allows us to know a bit more about who comes to the Festival, and what it is they're thinking. One of the survey respondents was Sue Wittoff. We drew names from those who answered the survey, and Sue was the winner of the Ascent Winter Party for Two. Our congratulations to her, and our thanks to all of you who responded. The survey results will be an important step in helping us put together the festival for this year. But we thought you might be interested in the results, too, and might enjoy knowing a bit more about who those folks are sitting in the seats next to you. **Here are some of the results of the 2004 audience survey:**
- (1) We are still growing: More than **41% of you said this was the first SIGLFF** you had attended. We hope you had a great time, and will join those who are becoming festival regulars. Another 40% of you said you'd attended 2, 3 or 4 of our previous

This and That

Festivals. Almost 20% have been with us more than five times, with about five percent who have been to every film festival since we started 14 years ago.

- (2) Gender balance: In contrast to some other festivals, **SIGLFF's audience is almost evenly balanced between men and women** - 46.2% men, 53.8% women. We've worked hard to make sure we don't appeal too much to one gender or the other, and we're proud that our audiences are responding.
- (3) **All ages welcome:** SIGLFF's audiences range from 21 to over 70 years of age. A little under 20% of our audience are in their twenties, with about 40% of you under forty years old. Another 40% are between 40 and 49, with the rest in their Fabulous Fifties or More Fabulous Post-Fifties.
- (4) **Festival Favorites**: At the 2004 Festival, there was - as always - a wide range of opinions about what was good, what was bad, what was controversial, and what should have been left on the cutting-room floor. But there were a few films that a large majority of you had very strong, positive feelings about.
- At the 2004 festival, **the marriage documentaries led the list** -- "One Wedding and a Revolution," "Flowers from the Heartland," and "Freedom to Marry". Many of you will be pleased to know that those documentaries are now being shown around the state as part of the Equality California Institute's Freedom to Marry Month. They certainly moved us, and we hope they'll move many, many others. In addition, audience reaction to all three of our feature films was very upbeat: "My Mother Likes Women," "Goldfish Memory," and "Eating Out" all got tremendous ratings in the survey. We weren't surprised that different people had different opinions about the short films, but there was one clear audience standout: the creative and tremendously entertaining retelling of the Cinderella story, "Little Black Boot." There's a whole lot more information in the audience survey, and we'll be digging through it for a month or so, as we begin putting together the 2005 schedule. But we wanted to thank all of you who shared your opinions and information with us in October, and hope we get an even better response this year. SIGLFF is for our audiences, and the more we know about them, the better job we can do." David Link, Board Member

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Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mttaer in waht oredr the ltteers in a wrod are, the olny iprmoetnt tihng is taht the frist and lsat ltteer be at the rghit pclae. The rset can be a total mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

Amzanig huh?

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We're looking for some speakers to use with our movie projector when we have SACWN movie night. If you have speakers you would like to donate or sell, please contact us. sacwn1@yahoo.com.

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"Thoughts, when properly nourished and internalized, will become a reality in your world of form. Thoughts are extremely powerful things."
Dr. Wayne Dyer

rainbowfestival

SIX DAYS OF PRIDE

Taken from http://www.rainbowfestival.com/2005/

Tuesday August 30 – Sunday September 4, 2005
Six days of fun, headline entertainment, contests, and fundraisers which culminate in the Street Fair on the Sunday before Labor Day. Located at 20th & K Streets in Midtown Sacramento, the event draws up to 7,000 people. Each of the venues hosts various parties, headline acts and events during the 6-day period with proceeds from ticket and door cover charges benefiting the RAINBOW FESTIVAL fund charities.

Over the past 19 years, RAINBOW FESTIVAL has raised over $500,000 for local charity organizations such as Lambda Community Fund, Kids with Cancer, Make-a-Wish Foundation, Fairy Godfathers' Fund, WEAVE, CARES, Breaking Barriers and many others.

The signature Street Fair event features some of Sacramento's best local entertainment, Sammy-award winning live bands, and headliners in 5 themed staging areas. In addition, over 100 vendor booths offer a huge assortment of goods, services, and information and food options throughout the day.

This year, our goal has been to create a fun-filled event which is rooted deeply in the GLBT community and its friends. Each of our staging areas is themed to represent different facets of Sacramento's diversity. A **Main Stage** features award-winning local live entertainment which appeals to a mass audience as well as our headliners and the always-popular WET T SHIRT and WET JOCKEY SHORT contests; the **Women's Stage** features female-oriented groups and entertainment hosted by Jammin' Jo and CLUB 21; the **Headhunters' stage** will feature a variety of activities including Karaoke; the **Carnival area** features full-scale rides, games and fun; the kids' area contains games, activities and rides for the young ones in a supervised safe zone.
One of our proudest accomplishments this year is to include a venue for the our community's youth - 18+ GLBT patrons will be welcomed on in the **Big Top**, with live performances, DJ dancing and more. With so much to choose from, our hope is that bringing together all the diversity Sacramento has to offer will make the experience memorable and fun for everyone.

Paul Crouch
Executive Director
RAINBOW FESTIVAL - CGNIE, inc.
916.331.3795
sacempressdome@comcast.net

More Health Tips & Notes

You probably already know the **basic advice for avoiding heat-related health problems**: Limit direct sun exposure, eat light meals, drink plenty of water, avoid dehydrating beverages such as alcohol and coffee, and wear light clothing.

Beyond that good advice it's useful to know these **signs of heat exhaustion and heat stroke**: Skin may become flushed accompanied by headache, nausea, disorientation and heavy sweating. As the body temperature rises the skin will become hot and dry and sweating will stop. As soon as these symptoms appear the victim must be cooled immediately, either with air conditioning, fans, or with lukewarm water. Cold water should not be used because it may cause shivering which raises body temperature.

To further avoid heat-related problems, add a little fruit juice containing vitamin C to your water. This will increase your level of antioxidants that can help protect cells and muscles from dehydration damage.

Replacing electrolytes that are lost when you sweat is a primary concern also. Electrolytes are electrically charged ions that your cells need to carry electrical impulses to other cells to maintain muscle and nerve control. In most heat related situations you won't need to worry about electrolytes if you're getting enough water. But if you begin to feel weak from dehydration you should look for a beverage containing sodium, potassium and magnesium, all of which can help replenish electrolytes. Sports drinks usually contain these minerals, but they also typically contain sugar and flavorings. So if you must resort to a sports drink, it's a good idea to dilute it with water.

Most importantly, you simply can't neglect your body's hydration cycle. Optimize conditions that allow sweat to evaporate while constantly replacing the fluids lost through sweating.

To Your Good Health,

Jenny Thompson
Health Sciences Institute
HSIResearch@healthiernews.com

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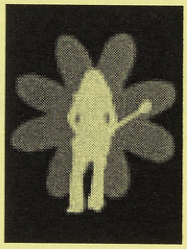
Note From Wildflowers



Our summer schedule includes:

Thursday, August 18, 8 pm - 10 pm
Yolo County Fair
Community Stage
Yolo County Fairgrounds
1125 East St.
Woodland, CA

Friday, October 7, 6 pm - 8 pm
12th Annual Art Fest
Presented by Women Lawyers of Sacramento
(more info to come)

You can visit our website for the latest details – www.wildflowersmusic.com– and be sure to check back often as we schedule our fall and winter shows!

Looking forward to seeing you (and your friends) very soon!!

Best Wishes,
Wildflowers (Mary, Patricia, Becca, Jenn, Vita, Tanya, & Sue)

Sacramento Sirens Had a Perfect Season

(Eleven and Zero)
Check out their website for all the latest information:
http://www.sacramentosirens.com/

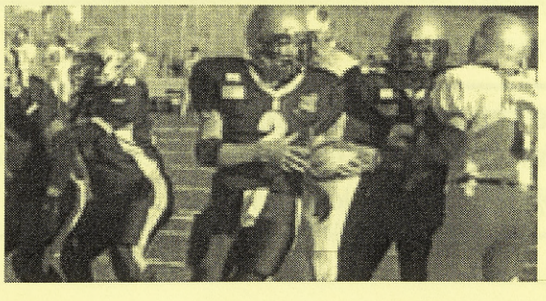
The Sirens just played the Western Conference Championship vs Tacoma Majestics. The game was played here in Sacramento on Saturday, July 23. AND the **Sirens were victorious** with a score of 36 to 14!
Now they will be playing in the IWFL Champsionship game in Manchester, NH on August 6th. Radio staton KEDU will be broadcasting the game at 6:45pm (EDT) on the internet at www.kedu.us.

Sirens Quarterback #2 Chantelle Powers honored by Capital Business and Professional Women's Association

Sacramento Sirens Quarterback #2 Chantelle Powers is being honored by the Downtown Capital Business and Professional Women as one of Sacramento's "Women who make history - quietly" -- a tribute to women who are making significant strides for working women. (To read the rest of the article, go to the siren's webpage.)

The Sirens Are Part of The Independent Women's Football League

(taken from the website: http://www.iwflsports.com/abouttheiwfl.php)



About the IWFL The Independent Women's Football League (IWFL) is a full tackle women's football league focused on creating a positive, safe and fun environment for the women who play the game and fans that come out to watch them.**In Brief** The IWFL is a member organization of team owners founded to support the new sport of women's tackle football. The IWFL enables its member teams to function independently, focusing on their local markets while combining resources and strategies for the successful marketing and promotion of women's football.

Our focus is on providing opportunities for women to play this great American sport while providing exciting and progressive entertainment for the American public.

This league was started with player safety, community service, honesty, and integrity in mind.

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The Importance of Humor

Dr. Mercola's Comment:
(from website: www.mercola.com)

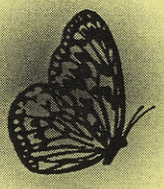
Laughter is, indeed, a key ingredient to optimal health, and I know of no good reason not to try and make sure you laugh as often as possible, everyday.
If you're not convinced, there is plenty of research to back up my advice:

- Laughter increases blood flow as much as exercise does.
- A happy disposition can lengthen your lifespan, regardless of age, weight or smoking habits.
- Laughter helps diabetics process blood sugar better.

Why laughter is so good for you is not fully understood, but who cares? It's fun. It's easy. And, it works.

SACWN's Advertising Rate
Business ads are just $60 per year!

Don't miss out on the best deal in town!
Call 916-451-8034 and let us advertise your business to our membership.



Couples, Families, Individuals
Ellie Zacks, Ph.D.
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By Appointment
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Killick
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Tax Preparation--Consulting
Bookkeeping--Payroll

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www.coachingheart2heart.com

Tel: (916) 752-8173
Tel: (530) 672-9169

2150 River Plazza Dr., Ste. 350
Sacramento, CA 95833

"The thing always happens that you really believe in; and the belief in a thing makes it happen." Frank Lloyd Wright

SACWN - Membership Application

Name: _____

Name: _____

Address: _____

City: _____State: _____ Zip: _____

Phone: _____ E-mail: _____

(Circle One): NEW RENEWING

CATEGORIES/RATES:

(Check One): __ Regular $24.00 __ Sustaining $48.00 __ Limited Income $12.00
Rates are per household, per year. You will receive a renewal notice when your subscription is running out.

_____I/we would like to receive the newsletter electronically.

E-mail Address: _____ *(if different from above)*

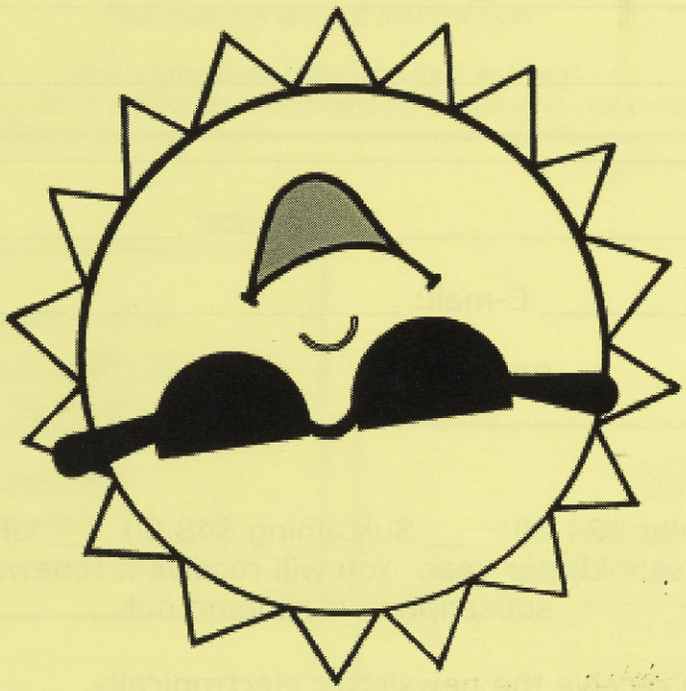
Waiver: I am aware that certain risks or injuries could occur arising from my participation in SACWN, Inc. events and/or special interest groups. In consideration of the right to participate in such events, some of which may involve strenuous activity (i.e. hiking, golfing, skiing, cycling, etc.) I hereby assume all risks and will hold SACWN, Inc. and its members harmless from all liability which may arise in connection with these activities.

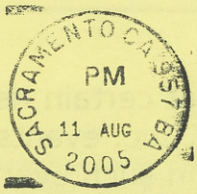
Signature: _____ Date: _____

Signature: _____ Date: _____

Please make checks payable to: **SACWN**
Mail to: **SACWN**
PO Box 19036
Sacramento, CA 95819-0036

Want to contact us? SACWN has E-mail! You can send E-mail to:
SACWN1@yahoo.com
No computer? Go to your local library. They have computers you can use to send E-mail.





PO Box 19036
Sacramento, CA 95819-0036

SACWN, Inc.
Sacramento Area Community Women's Network

Rosemary Metrailer
Attorney at Law
PO Box 215
Nevada City CA 95959

MEMBERSHIP EXPIRED
LAST NEWSLETTER
PLEASE RENEW

95959+0215-13 B003